



✧ **Missoula** ✧

Resource Guide for Individuals Recovering from Heart Attack or Stroke



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If you've had a heart attack or stroke, you're at higher risk of having another one. Other risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. The more risk factors you have, the higher your chances of having another heart attack or stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides names, addresses and telephone numbers for programs and services in the Missoula area to help you make these lifestyle changes.

Table of Contents

Cardiac Rehab Facilities	2
Diabetes Management Programs	3
Nutrition Education/Counseling	4
Physical Activity	5
Prescription Drug Patient Assistance Programs	7
Smoking Cessation	8
Specialty Clinics & Programs	9
Consumer Health Information/Web Sites	10
Evaluation Form	12

**This document is also posted on the Montana
Cardiovascular Health Program web site at
<http://montanacardiovascular.state.mt.us>**

Cardiac Rehabilitation Facilities

Cardiac rehabilitation (rehab) is a supervised program that includes physical activity, lifestyle changes, education, and emotional support for people who have had a heart attack, bypass surgery or have other heart problems. Programs are medically supervised and individually designed to enhance your quality of life. The goal is to help you return to, and maintain, your best possible physical and emotional condition.

Montana Heart Center

Community Medical Center
2827 Fort Missoula Rd.
Missoula MT 59804
Phone: (406) 327-4646

Services Provided: The Montana Heart Center provides cardiac rehab as well as on-site cardiology services and testing. For cardiac rehab information, contact an exercise physiologist at the above number.

St. Patrick Hospital

500 W. Broadway
Missoula MT 59802
Phone: (406) 329-5824

Services Provided: For cardiac rehab information, contact an exercise physiologist at the above number.



Diabetes Management Programs

Diabetes Management Programs teach individuals how to manage their diabetes to minimize health complications. Staff members include healthcare professionals (nurses and registered dietitians) with training and experience in diabetes management.

Community Medical Center

Diabetes Management Program

2827 Fort Missoula Rd

Missoula MT 59804

Phone: (406) 327-4325

Services Provided: The diabetes nurse educator and registered dietitian are available Monday through Friday by appointment. As a program recognized by the American Diabetes Association, charges are covered up to 80% by Medicare, Medicaid, and some insurance companies. Ask your insurance representative about your plan's coverage.

St. Patrick Hospital and Health Sciences Center

Diabetes Management Program

500 W. Broadway

Missoula MT 59802

Phone: (406) 329-5781

Services Provided: The Diabetes Management Program staff are healthcare professionals who have had additional training in all areas of diabetes self management. Approved by Medicare, Medicaid and several other insurance groups. Scholarship funds are available to assist those without insurance.

Nutrition Education/Counseling

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly.

Community Medical Center

Pam Lockwood, RD
Outpatient Dietitian
2827 Fort Missoula Rd
Missoula MT 59804
Phone: (406) 327-4226

Services Provided: Individual counseling by a Registered Dietitian is available for a variety of nutrition issues including weight management and heart-healthy eating. Please call for more information.

Western Montana Clinic

Carla Cox, RD
500 West Broadway, 6th floor
Missoula, MT 59802
Phone: (406) 721-5600

Services Provided: Individual counseling by a Registered Dietitian is available for all nutrition referrals, including self-referrals. Please call for more information.



Physical Activity

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.

The Court House Sports & Fitness

3821 Stephens Ave • Missoula, MT 59801

Phone: (406) 721-3940

Services Provided: Call for current programs and fees.

Curves for Women

1715 Reserve Street • Missoula, MT 59801

Phone: (406) 543-9735

Services Provided: Call for current programs and fees.

Gold's Gym

2800 Reserve St • Missoula, MT 59803

Phone: (406) 549-9181

Services Provided: Call for current programs and fees.

Mallwalkers

Location: Southgate Mall Community Room

Phone: (406) 329-5741

Services Provided: Offers stretching and forays out into the Mall for walking. Free and for all ages. Sponsored by St. Patrick Hospital. Call for more information.

Missoula Athletic Club

1311 E. Broadway • Missoula, MT 59802

Phone: (406) 728-0714

Services Provided: Call for current programs and fees.

Missoula Family YMCA

3000 S. Russell • Missoula, MT 59801

Phone: (406) 721-9622

Services Provided: Call for current programs and fees.

Missoula Parks & Recreation Department

100 Hickory Street • Missoula, MT 59801

Phone: (406) 721-7275

Services Provided: The Missoula Parks and Recreation Department is proud to serve the citizens of Missoula with quality recreation programs, well-maintained parks and trails, and open space lands. Call for current programs or check the web site at www.ci.missoula.mt.us/parksrec/.

Montana Athletic Club

5000 Blue Mountain Rd • Missoula, MT 59804

Phone: (406) 251-3344

Services Provided: Call for current programs and fees.

The Women's Club

2105 Bow • Missoula, MT 59801

Phone: (406) 728-4410

Services Provided: Call for current programs and fees.

Prescription Drug Patient Assistance Programs

There is help available for people who have no insurance and can't afford to purchase their medicines. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge to physicians with patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

NeedyMeds.com

www.needymeds.com

Services Provided: This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications, and applications for many programs. NeedyMeds is an information source, not a program itself.

The Pharmaceutical Research and Manufacturers of America (PhRMA)

www.phrma.org

Services Provided: The Pharmaceutical Research and Manufacturers of America (PhRMA) trade group has compiled an online directory of patient programs for selected prescription medicines. The directory lists pharmaceutical companies, medications covered, and basic eligibility criteria. This directory is not inclusive and includes only companies that are members of PhRMA.

Smoking Cessation

If you smoke, QUIT! Smoking increases the risk of heart attack and stroke. The more you smoke, the higher your risk. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

Quit for Life Smoking Cessation

St. Patrick Hospital Wellness Center
500 W. Broadway
Missoula MT 59802

Phone: (406) 329-5895

Services Provided: Quit for Life is a five-class program offered once a month. The success rate of the Quit for Life Program is 80% for participants who attend all five classes. One of the objectives of the class is to give participants the tools they need to stay away from any form of tobacco. For more information or to register for the next Quit for Life session, call the Wellness Center.

Tobacco Quit Line

Montana Tobacco Use Prevention Program

Phone: 1-866-485-QUIT (7848)

Services Provided: The Tobacco Quit Line is a free telephone service for all Montanans. Smokers, chewers, family members, and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week program includes free nicotine replacement therapy with patches or gum unless covered by an individual's medical insurance. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.

Specialty Clinics & Programs

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart attack or stroke.

Community Bridges

607 S.W. Higgins Ave. • Missoula MT 59803

Phone: (406) 728-4100 ext. 7525 **or** 1-800-252-7982

Services Provided: Community Bridges is a program of Community Medical Center's Rehabilitation Center. The program offers comprehensive day treatment and residential services for individuals who have had a brain injury or have other neurological diagnoses, such as stroke.

The International Heart Institute

St. Patrick Hospital and Health Sciences Center

554 W. Broadway • Missoula MT 59802

Phone: (406) 728-4559

Services Provided: The International Heart Institute of Montana involves physicians and scientists from St. Patrick Hospital and Health Sciences Center and The University of Montana. It brings together a team of cardiologists, heart surgeons and researchers to perform cardiac procedures and to search for new and improved ways to treat heart disease.

Montana Heart Center

Community Medical Center

2827 Fort Missoula Rd. • Missoula MT 59804

Phone: (406) 327-4646 or 1-866-327-4646 (toll free)

Services Provided: The Montana Heart Center provides on-site cardiology services, testing, and a Congestive Heart Failure program that includes patient teaching by nurses, cardiologists, dietitians and pharmacists.

Consumer Health Information

These organizations and web sites are sources of credible medical and health information.

St. Patrick Hospital Reference Service

500 W. Broadway
Missoula MT 59802

Phone: (406) 329-5711

Services Provided: The library is open to the general public to access medical and consumer health information. The librarian is available to assist you with finding information within their collection or on the Internet.

Organization

American Council on Exercise:
Cardiovascular Exercise Fit Facts

American Dietetic Association

American Heart Association

American Stroke Association

Community Medical Center

Montana Cardiovascular
Health Program
Provides links to other
related web sites

Montana Dietetic Association:
Montana "Healthy Families"
materials

National Heart, Lung, and
Blood Institute

St. Patrick Hospital and
Health Sciences Center

Web Site

www.acefitness.org/fitfacts/fitfacts_list.cfm#1

www.eatright.org

www.americanheart.org

www.strokeassociation.org

www.communitymed.org

<http://montanacardiovascular.state.mt.us>

www.montanadieteticassociation.org

www.nhlbi.nih.gov

www.saintpatrick.org

Questions?

If you have questions about this resource guide,
contact:

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What do you think?

Please take a moment to answer a few questions about the usability of this Missoula-area guide.

1. Was this guide useful? ☐ Yes ☐ No
2. Which sections did you use as a reference?
 - ☐ Cardiac Rehab Facilities
 - ☐ Diabetes Management Programs
 - ☐ Nutrition Education/Counseling
 - ☐ Physical Activity
 - ☐ Smoking Cessation
 - ☐ Specialty Clinics & Support Services
 - ☐ Consumer Health Information
3. What other kinds of information would be useful to include in this guide?
4. Other comments or suggestions:

Please return this form to:

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